

Vegan Red Lentil & Rice Soup Recipe

Serves 4

Ingredients:

2 tbsp extra virgin olive oil
1 onion, chopped
½ tsp red-pepper flakes
6 cups good-tasting vegetable stock (or water)
1⅓ cup red lentils, picked over and rinsed
½ cup long grain or jasmine brown rice, picked over and rinsed
Fine grain sea salt to taste

Garnishes:

Chopped toasted almonds
Chopped Kalamata olives
Crumbled sheep or goat feta
Drizzled store-bought harissa
Squeeze of lemon

Directions:

In a big soup pot, over medium heat, combine the olive oil, onion, and red pepper flakes. Let them brown, and caramelize a bit, stirring occasionally.

Stir in the broth, bring to a boil, then stir in the lentils and rice. Simmer for about 30 minutes or until the rice is very tender. The lentils will turn to a soft mush. You may need to add more water or broth, a little at a time, to get the consistency you like.

The soup will need to be seasoned well with salt at the end to prevent it from tasting flat. Serve each bowl topped with almonds, olives, feta, a slight drizzle of harissa if you like it hot and a bright squeeze of lemon. The lemon is key!